EXERCYCLE BRAND EXERCISERS

The safest and most effective cardiovascular machine for aerobic exercising; particularly suitable for cardiac rehab programs and unconditioned older adults.

The all new **SYMPHONY MODEL** created for those demanding the ultimate in an exercise machine with **STATE-OF-THE-ART TECHNOLOGY.** Provides target zone, heart rate, calorie consumption, miles per hour, and distance with unlimited programming capability.

The only true **ALL BODY ACTION®** exercise machine providing the exact type of exercise recommended by the **AMERICAN HEART ASSOCIATION.** The benchmark of excellence since 1932, with thousands of units in continous use for over 30, 40, and 50 years.

• • • SYMPHONY - THE ALL BODY ACTION® BENEFITS OF THE ORIGINAL • • • PLUS STATE-OF-THE-ART ELECTRONICS WITH AN ALL NEW PROFILE.

* The only fitness machine that can satisfy the full range of possible exercise needs from completely *passive* muscle toning and joint flexing to maximum *active* aerobic conditioning.
* **The fitness machine that had *NO* muscular/skeletal (including back) complaints in the course of 420 testing sessions involving untrained adults from 18 to 53 years of age.**
* **The fitness machine that according to the recent clinical studies will burn 20 percent more calories at any given submaximal heartrate level that the Schwinn AirDyne or the Nordic Track Ski Simulator.**
* **The fitness machine that burns more calories with less cardiac stress and achieves greater maximal aerobic effect (oxygen uptake) than exercise pedal bikes.**
* The fitness machine that improves aerobic power by 17 percent in just six weeks.
* **The fitness machine that instantly and automatically adjusts to the exercising capabilities and needs of the full adult spectrum--the exercise beginner, the cardiac rehab patient, the average adult or the highly trained athlete.**
* The only fitness machine that has the benefit of 55 years of manufacturing and user experience but offers performance and fitness benefits the are state-of-the-art for the 1990's.

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For More Information Contact:

CLINICAL RESEARCH REPORT

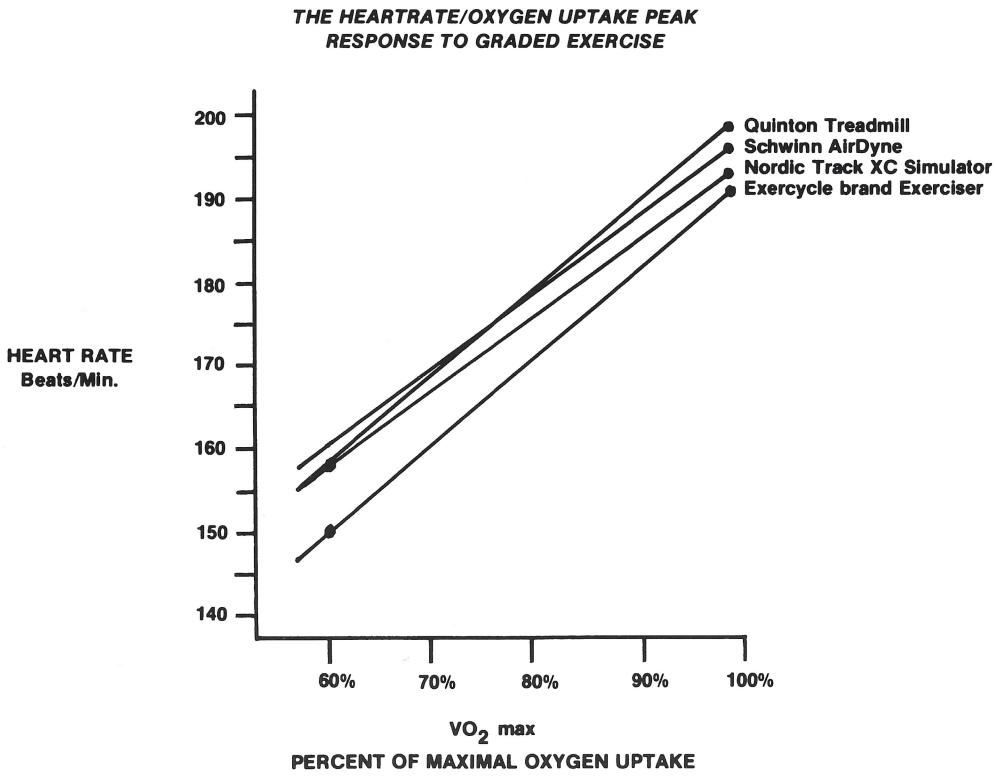
A Comparison of

Cardiac Safety

for Major Types of

Aerobic Exercise Equipment

New clinical studies compare the relative cardiac effect when different types of exercise machines are used for cardiovascular fitness development. Results are as follows:



The chart reflects the conditions that the heart rate increases as the level of exertion and the aerobic benefits (oxygen uptake) increases. The pattern of cardiac stress (heartrate) over the range of aerobic exercise activity are shown to be consistently quite different for the various types of equipment tested.

Significantly lower levels of cardiac stress were recorded across the range of aerobic exercising levels for the motor-guided Exercycle brand exerciser in comparison with all the other types of equipment tested indicating the Exercycle is the safest aerobic exercise machine in terms of minimizing cardiac stress while gaining cardiovascular benefits. Of note is the greater dispersion at the lower end of the aerobic exercise range which is particularly pertinent for cardiac rehab programs and for inactive older adult exercising.

Research Structure:

A. The purpose of this study was to compare the physiologic response to submaximal and maximal exercise of various types of exercise equipment. The variety of equipment tested is known to induce a cardiovascular training effect by stimulating muscle action in the lower body alone or in both the upper and lower body. The study has considerable significance since adult fitness and cardiopulmonary rehabilitation practitioners rely heavily upon evercise devices to provide the physiologic stimulus for fitness training.

B. All testing was completed in the Cardiovascular Laboratory at Burbank Hospital, Fitchburg, Massachusetts under the direction of Lee Cunningham, DPE, FASCM and Robert Cantu, MD, FASCM Director of Surgery, Emerson Hosptial, Concord, Massachusetts. Metabolic and ventilartory data were obtained by using an automated Beckman Metabolic Measurement Cart. Electrocardiograms were obtained and heartrates were determined by using a Quinton stress test monitor. The testing protocol used with all machines was a three minutes per stage continuous, incremental test for the first four stages followed by one minute increments in external work up to a volitional peak effort. A treatment by subjects statistical design and regression analysis were used to analyze data.

C. The study was designed to compare the characteristics of the respective machines eliminating variables of people differences. Accordingly, it is based upon data from 13 male college students who average 20.2 years of age, 184 pounds in weight and 70.5 inches in height. The subjects were not trained runners, cyclists, or skiers. Each subject completed testing on each of the devices indicated.